Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9422
N2In2

LIBRARY
RECEIVED
★ SEP 9 1943 ★
U. S. Department of Agriculture

Dr. H.F. Kilander
Nutrition in Industry Representative
Nutrition and Food Conservation Division
U.S. Food Distribution Administration
150 Broadway, New York
(Rector 2-4720)

INDUSTRIAL FEEDING OUTLINE FOR MANAGEMENT

OBJECTIVE: To improve the health and efficiency of industrial workers through better nutrition.

PROGRAM: Consider which of the following steps you can do in your industrial plant to promote the above objective.

1. Become informed on the relationship between the workers' diets and their health, absenteeism, working capacity, incidence of accidents, of accidents, and moral.
2. Make food available to the employees through either a cafeteria, lunch rooms, and/or food wagons.
3. Have lunch supply at least one-third of the daily protective food requirements.
4. Make available a place for the employees to eat their home-packed lunches.
5. Stress the protective foods with emphasis upon
   a) Milk (at least a pint per day),
   b) Citrus fruits, tomatoes and cold slaw (for Vitamin C)
   c) Enriched or whole grain bread and cereals.
6. Serve a well-balanced plate lunch in the cafeteria at a reasonable price.
7. Make food available to all shifts.
8. Give special consideration to those employees who find it difficult to obtain breakfast before they reach the plant.
9. Have a lunch period of at least 30 minutes in length.
10. Arrange for between-meal feeding.
11. Make information available to the home makers on how to pack a box lunch and how to plan the meals eaten at home.
12. Open a consultation center to deal with rationing and food questions.
13. Display nutrition posters in the plant; show movies; arrange for talks on nutrition and food.
14. Form a labor-management Committee on Foods and Nutrition to help especially with an educational program on food.
15. Encourage employees to plant Victory gardens and can surplus garden vegetables.

(OVER)

LABOR'S PART IN A PROGRAM OF NUTRITION FOR INDUSTRIAL WORKERS

OBJECTIVE: To improve the health and efficiency of industrial workers and their families through better nutrition.

PROGRAM: The local union can participate in the National Nutrition Program in the following ways:

1. Form a Committee on Food and Nutrition or assign such functions to some already existing committee such as the Education or Health committees.

2. Become informed on the relationship between the worker's diets and their health, absenteeism, working capacity, incidence of accidents and moral.

3. Conduct an educational program throught some of the following means:

   a. Posters
   b. Leaflets on
      - Box Lunches
      - Menus
      - Recipes
   c. Films
   d. Classes or meetings for
      - Workers
      - Shop stewards
      - Wives of workers
   e. Articles in union paper
   f. Information centers

4. Become acquainted with the community's resources such as organizations, available literature, speakers, films, etc., which can be of help in its program.

5. Stress the protective foods with emphasis upon:

   a. Milk (a pint a day for adults)
   b. Citrus fruits, tomatoes, cold slaw (for Vitamin C)
   c. Enriched or whole grain bread and cereals.

6. Have lunch supply at least one-third of the daily protective food requirements -- whether lunch is home-packed or obtained in plant cafeteria or in a neighborhood restaurant.

7. Stress the importance of an adequate breakfast.

8. Have representation on:

   a. The plant's labor-management committee on Foods and Nutrition
   b. The local (community) nutrition council

9. Conduct sample surveys to determine the dietary habits of the employees.

10. Assist with the plant's nutrition program, especially its educational phases. Cooperate with management when it makes changes for the purpose of improving the diets of its employees.

11. Plant a Victory Garden.

12. Encourage wives and mothers of employees to attend canning demonstrations when these are available, in a given locality. Encourage the canning of surplus garden vegetables.